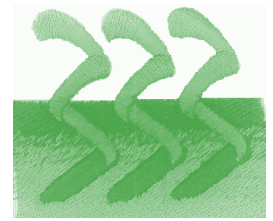


Three Rivers
Community Action, Inc.
Senior Programs



Providing services, volunteer opportunities, caregiver help, and information focusing on seniors in Goodhue, Rice & Wabasha Counties

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FOCUS
Seniors
&
Caregivers

Fall 2010
Vol. 10, Issue 2

FLOOD SURVIVORS

During this difficult time, please let us know your needs so we can work with you and see if there is anything we can do to help.

Things you can do:

- ♥ Make sure you have information on your income to see if you qualify for help.
- ♥ Check out the suggestions on page 3 under News from Patricia.
- ♥ Call us if you need to talk.
- ♥ Try to find a moment to smile.

**CANCELLATIONS OF
MEAL DELIVERY**

The winter months are arriving soon! If the weather is bad and your local school has closed for the day, we will cancel the meal delivery for the well-being of our valuable volunteer drivers. Listen to your local radio stations for cancellations.

Please let us know if you are in a situation where it would be difficult for you to manage food even for one day. We will help you make a plan to prevent you from going without eating.

We will be providing "Blizzard Bags" again this year which are to be used during inclement weather. We will also provide information on what kinds of food and drink to keep on hand if/when you are shut in during a weather or flu emergency.

Turn to page 8 for more information.

November is National Caregiver Month

Are you a caregiver? It's time to start thinking of yourself as a caregiver when the following types of events occur:

- ♥ A major health problem, or a collection of smaller ones, is starting to cramp your mother's style.
- ♥ Financial problems (overdrawn checks, unpaid bills) start cropping up.
- ♥ Home maintenance is slipping, things that break around the house are not repaired.
- ♥ Dad's refrigerator is poorly stocked, or food that is past its prime still hangs around.
- ♥ Mom has a fender bender at the mall for the second time this year.
- ♥ Dad seems distracted or forgetful when you speak to him on the phone.

Turn to page 2 for more information.

Western Goodhue County and
Rice County

Carla Pearson
1-866-644-4510

carla.pearson@threeriverscap.org

Eastern Goodhue County and
Wabasha County

Patricia Kimble
1-800-277-8418, ext. 112
pat.kimble@threeriverscap.org

Three Rivers Community Action, Inc.

Mission Statement

“Three Rivers Community Action, Inc., a private non-profit corporation, works with community partners to address basic human needs of people in our service area, thereby improving the quality of life of the individual, family and community.”

Offices

1414 North Star Drive
Zumbrota, MN 55992
Phone: (507) 732-7391
Toll Free: (800) 277-8418
Fax: (507) 732-8547
TTY: MN Relay Service: (800) 627-3529
Hours: Mon – Fri, 7:30 am – 4:00 p.m.

201 South Lyndale
Faribo Town Square
Faribault, MN 55021
Phone/TTY: (507) 333-6450
Toll Free: 866-644-4510
Fax: (507) 333-6462
Hours: Mon – Fri, 8:00 am – 4:00 p.m.

611 Broadway Avenue
Wabasha, MN 55981
Phone: (651) 565-3389
Fax: (651) 565-2754
Hours: Mon-Fri, 8:00 - Noon

All facilities are Handicap Accessible. Reasonable Accommodations Are Available. ADA
Our continued success in assisting our citizens to meet their basic needs can be assured through donations of time and money. To contribute, volunteer, or request an annual report, please contact the local Three Rivers Community Action office. Your assistance is needed and will be gratefully accepted.

FOCUS

A Senior Programs Newsletter
Fall 2010
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Caregivers (Continued from page 1)

Don't jump at the first sign of trouble. If you feel you should get involved in your loved one's life, do it as gradually and respectfully as possible. Remember if you are truly trying to help, you don't want to alienate or overwhelm your loved one.

Define your responsibilities as a caregiver. Make a list of things you will and won't do. Get your siblings involved so you don't burn out yourself.

Introduce all new changes in your loved ones' lives as positives.

Whenever considering new services, check them out yourself first. (You don't want a bad experience to change the mind of your loved one when receiving services.)

These are just a few suggestions and ideas for caregivers of older adults. Call Pat or Carla for additional help. Our contact info is on the front cover of this newsletter.

Three Rivers CAP may be able to help with:

- Meals-On-Wheels, caregiver assistance and/or help with insurance counseling
- Energy Assistance (fuel or electricity)/ Weatherization, furnace replacement, etc.
- Head Start
- New home buyer education

GIVE TO THE MAX

November 16, 2010, is Give to the Max Day for Minnesota charities. On Give to the Max Day in 2009, more than 38,000 donors logged on to www.GiveMN.org to contribute more than \$14 million to 3,434 Minnesota nonprofits. The goal for 2010 is 40,000 donors. Visit www.GiveMN.org on November 16 and contribute what you can to help Three Rivers set a single-day record for online giving and become one of the two Greater Minnesota nonprofits that raise the most money for our missions. Your donation will not only help your neighbors with basic needs, but could trigger incentive donations of up to \$20,000.

News from Carla

Happy Autumn! It's already time for the kids to go back to school. Wow, did the summer go fast! Now my children and I have to say "goodbye" to my husband who is obsessed with the football season. Ho Humm...

I want to inform you we have a short waiting list for two of our ten routes in Faribault. For new clients who fall into these routes, weekly delivery of five frozen meals is available to them. Some other resources available:

HyVee Store Delivery: 334-2085

Rose's Grocery Delivery: 838-6282

Schwan's: 866-208-1540

Home Delivered Meals: 333-6463

For those of you who are currently receiving frozen meals and have shown interest in receiving home delivered meals, your name has been placed on a short waiting list. Please call me with any questions/comments at 333-6463.

As part of the Home Delivered Meals Program, the Senior Program Coordinators are responsible to complete annual reassessments. If it's been a year since my predecessor Megan Jonas has visited you, expect my call soon.

In recent years, there was a rumor that there was a waiting list for home delivered meals in Cannon Falls. This is not true! Please help me spread the word that there are many openings in this community and we would love to serve meals to more clients.

Know that I am available by phone or by home visit to support you staying in your home for as long as possible. Call me to find out how: 333-6463. Thank you to all the wonderful clients I've met in the past 9 months, I've enjoyed you very much!

Carla

News from Patricia

I arrived back from a wonderful vacation of solitude and nature. We hiked in Yosemite National Park for eight full days. I even backpacked in and camped for a couple of nights! A long time dream of mine.

Now it is back to a stark reality. I live in Pine Island, but was very lucky that my basement did not flood or have sewage back up. For those of you who did, here are some things you can do:

- ♥ Check with your insurance provider and document what they say.
- ♥ Find all vital personal and financial documents (such as birth certificate, homeowners insurance, titles, etc.).
- ♥ Replace if needed – critical – one photo ID (driver's license) and one other recognized ID (such as social security card, passport and/or birth certificate.)
- ♥ Cancel credit/debit cards if lost.
- ♥ Let your bank know your situation.

Places you can call for information and help:

- ♥ 211 – United Way Help Line
- ♥ Disability Linkage Line 866-666-2466
- ♥ Senior Linkage Line 800-333-2433
- ♥ Veterans Linkage Line 888-546-5838
- ♥ Channel One (507) 287-2350 for information on which of your local food shelves has food for flood survivors.
- ♥ Websites for possible financial assistance:
 - ♦ Three Rivers CAP www.threeriverscap.org
 - ♦ USDA Rural Development = <http://www.rurdev.usda.gov/mn/Offices/faribault.htm>
 - ♦ SBA - <http://www.sba.gov/services/disasterassistance/> (for homeowners, renters and businesses)
 - ♦ FEMA – www.fema.gov or http://www.disasterassistance.gov/daip_en.portal

* If you qualify for Energy Assistance you may be able to qualify to get a furnace or refrigerator through Three Rivers Community Action, Inc.

Patricia

Upcoming Events

2010 Senior Forum

Instructors are local professionals with expertise in each particular area. Advance registration is required; call Three Rivers at 800-277-8418, ext 0 or register through Pine Island or Wabasha-Kellogg Continuing Education. Suggested donation of \$5, or \$15 for all four sessions..

Watch your local newspaper for more presentations in your area or check with your local senior center, Shepherd's Center, Pine Island Living At Home or Faith in Action Programs, or your local community education.

Senior Surfin! Why should I learn to use the Internet? -Interactive group discussion and demonstration on the basics of using the Internet to look up insurance and Medicare information, medical conditions, what a medicine is for, etc. We'll review how to be safe on the Internet, avoid fraud, problems using the Internet, and the best use of time on the Internet. Watch your local paper or call for an updated schedule.

The ABC's & D of Medicare, Insurance, and Health Care Reform

Updated information on Medicare insurance, fraud and how the new healthcare reform will affect those on Medicare. Thurs. Oct 7 at 10 a.m. 2nd Floor Activities Room, St. Elizabeth's Medical Center in Wabasha, and Wednesday, Oct. 13 at noon at the Pine Island Sr. Citizen's building.

Bring your questions for Part D insurance! We will also have forms available if you need help.

Senior Financial Safety & Organizing your records - Focus on the basics of managing your finances during retirement, Consumer Fraud, Identity Theft, when to work with family members and get help with money management. Handouts/discussion on which paperwork (bank records, mail, etc.) you should save, toss, and what should be in the safe deposit box. Thurs. Oct 7 at 10 a.m. Sister Gerina Room, St. Elizabeth's Medical Center in Wabasha, and Wednesday, Oct. 13 at noon at the Pine Island Sr. Citizen's building.

4. Critical Conversations with Family Members—Family will be home for the holidays. How do we start having conversations about money, aging, insurance and end of life issues? An informal exchange of ideas will be led and specific helpful information provided. Thurs. Nov 4 at 6:30 p.m. (for those of you who work) in the Sister Gerina Room, St. Elizabeth's Medical Center in Wabasha, and Wednesday, Nov 10 at noon at the Pine Island Sr. Citizen's building.

Living Well with Chronic Conditions

A free 6-week workshop on managing your medical conditions will be offered to adults 60+ at :

- ♥ District One Hospital every Friday in Faribault
9:00-11:00 Oct. 8th-Nov. 12th
To register call 507-333-5518
- ♥ Bridges Assisted Living in Zumbrota
1:00—3:00 p.m. Sept. 27th—Nov. 1st

Community Fellowship Meals

Every Tuesday Evening
5:00-6:30

No charge

101 NW 6th Street, Faribault

Cathedral of Our Merciful Savior, Guild House

(Across from Parker Kohl Funeral Home)

Well-balanced mealsf

First Annual Faribault Senior/Caregiver Expo

Where: American Legion of Faribault

When: Tuesday, October 12th 10am-3pm

What to expect: A lot of fun

- blood pressure checks
- sleep apnea screening
- blood sugar testing
- home adaptive equipment
- So. MN Regional Legal Services
- fall prevention
- small meal preparation

Speakers: American Lung Association

Three Rivers CAP

Helpful checklists

A very good **Falls Prevention Checklist** comes from **Phillips Lifeline**. They have given us permission to duplicate it here.

Inside your home:

- Remove all clutter.
- Keep telephone cords and electrical wires out of pathways.
- Tack rugs so they lie flat.
- Get rid of throw rugs if they tend to slip or curl
- Ensure that carpets are firmly attached to the stairs.
- Do not stand on a chair to reach things.
- Store frequently used items where you can easily reach them.

Keep a well-lit home:

- * Have a lamp or light switch that you can easily reach without getting out of bed.
- Use night lights in the bedroom, bathroom and hallways.
- Keep a flashlight handy.
- Have light switches at both ends of stairs and halls.
- Install handrails on both sides of stairs.
- Turn off lights when you go into the house at night.

Bathroom Tips:

- Add grab bars in shower, tub, and toilet areas.
- Use nonslip adhesive strips or a mat in your shower or tub.
- Consider sitting on a bath bench or stool in the shower or bathtub if using a hand held shower.
- Consider using an elevated toilet seat.

Consider Lifeline Medical Alert system.

Call 1-800-543-3546

Health care reform

Quick summary of how the new healthcare reform (Affordable Care Act) might affect those of you on Medicare.

Over time, the majority of seniors will have lower out-of-pocket costs and better coverage as a result of the new Affordable Care Act.

- ◆ Co-payments and deductibles can no longer be charged for preventative care medical services. This reform will encourage older adults to have regular annual check ups to detect disease earlier which is easier to treat.
- ◆ Medicare recipients will receive a 50% discount on brand name drugs while in the “Donut Hole”.

What is the “donut hole”?

Most Medicare drug plans have a coverage gap. This means that after you and your plan have spent a certain amount of money for covered drugs, you have to pay all costs out-of-pocket for your drugs (up to a limit). This is known as the “Donut Hole” in drug coverage.

- ◆ To help today’s Baby Boomers who have not yet reached 65, the bill creates a temporary re-insurance program to help offset the costs of expensive insurance premiums for employees/early retirees.
- ◆ Spouses of people receiving homecare on Medicaid will no longer have to be forced down into poverty before they get help.
- ◆ Tax Credits will encourage small businesses to provide more affordable insurance.

For more information:

<http://www.healthcare.gov/>

Medicare Insurance

Find out if you can get better insurance coverage either for your healthcare or for prescriptions.

Open enrollment 11/15 to 12/31/10 for most plans. Call to set up an appointment now with either Pat or Carla. Or to just ask questions or get help by phone call our partner **Senior Linkage Line® 1-800-333-2433**



Ask SOPHIE

“senior, older person, hip, informed, & empowering”

Question: My husband and I want to know what we can do to increase the likelihood we will stay in our current home as long as possible.

Answer: Here is a checklist that might help you.

Be realistic about the cost and location of your single family home. A home can also be a condo, apartment, etc. Understand the benefits and difficulties of your current home, then plan accordingly. Can you answer yes to the following?

- * I can financially manage home repairs and upkeep on my current home. This includes snow removal, lawn mowing, vent cleaning, appliance replacement, painting, housecleaning, and other paid help when needed.
- * My current home either is or will be remodeled to allow me to enter in a wheelchair, and, if I have other limitations, reach the faucets, railings near the toilet, use a bath or shower with a stool and/or grab bars, reach into my closet, etc.
- * My current home is in an geographical area that allows me to receive services when needed such as meal delivery, home care, or transportation if I am no longer or temporarily unable to drive.
- * My current home has enough storage but is not so big that I have difficulty keeping it clean and uncluttered.
- * My current home is near places to shop, socialize, go to events, get together with friends, and it allows me to do my hobbies even when I'm older and more frail.

Living options for older adults who need help

Assisted Living: This can be a large or small apartment building that offers your own apartment with assistance. Staff are generally available around the clock to help you with your care but you need to have the time of your care scheduled in advance. Three meals a day in a congregate setting is most common with outings and activities.

Adult Foster Care: This is usually a house or smaller building that offers your own room with assistance. Staff are available around the clock and can assist you with your daily needs as they arise. Three home cooked meals a day in a congregate setting is common. Activities and outings are offered in this setting as well.

Here is an example of a foster care home in Faribault. Please call us for additional options.



For more detailed options, check out www.mnaging.org/advisor/housing_options.htm

Internet Savvy

Here are some useful websites:

The new Minnesota Live Well at Home webpage is fabulous. This website provides information on “How can I stay in my home?”, “What are the risks” with lots of information and tips, a section on “How much does help cost” with some great cost calculators and specific cost information, and last a resource section.

If you are wondering how — <http://www.mnlivewellathome.org/en/Costs.aspx>
Medical Care Cottages — <http://www.housingwatch.com/2010/05/20/bring-grandma-home-a-nursing-home-for-your-backyard/7>



Holiday Gift Giving

By Megan Jonas

Be mindful when giving during this holiday season.



1. Decide how much you can spend.
2. Make a list and check it twice.
3. Pay cash.
4. Think of credit cards as short-term loans.
5. Allow enough time for all your holiday preparations.
6. Don't overlook the value of intangibles (cookies, homemade picture frames, etc)
7. Just say "no" to toy lust.
8. Look for meaning over glitz.
9. Give to charities.
10. Buy last year's model.
11. Encourage Christmas Gift Exchanges (One easy way to save on Christmas gifts is to do a Secret Santa gift or to draw names and then shop for just one person. This really can help to save money on gifts, plus it allows people to purchase a nicer gift for their person instead of several less meaningful gifts. This could be applied to office giving as well as extended family giving. Large families may do it among siblings as well.)
12. Reuse gift boxes/bags etc from last year

Don't forget to budget in extra expenses like postage!

Holiday Celebrations

By Megan Jonas

'Tis the season to love one another, right? Generally, our various holidays are ones in which we promote togetherness and love. These feelings are intoxicating and many times can influence those around us, even those who participate in different or no spiritual paths. While we think about these warm fuzzy feelings, consider ways in which we can bring these ideals into our lives the rest of the year. Most faith groups have the all powerful "golden rule" which dictates how we should treat others. In times of conflict, judgment, or hate, consider how similar all of us really are and how important our relationships with others are portrayed in our golden rules. Let's find our common connections between perceptions and use this viewpoint year 'round.

Buddhism: Hurt not others in ways that you yourself would find hurtful.

Hinduism: This is the sum of duty: do naught unto others which would cause you pain if done to you.

Judaism: What is hateful to you, do not to your fellow man. This is the entire law; all the rest of commentary.

Christianity: Do unto others as you would have them do unto you.

Islam: No one of you is a believer until he desires for his brother that which he desires for himself.

Excellent new books available for caregivers:

- ♥ *Caring for a Person with Alzheimer's Disease; Your Easy-to-Use Guide* from the National Institute on Aging
- ♥ *The Seasons of Good-bye; an Alzheimer's Caregiver Journal* by Robyn Feld



Our Caterers

Goodhue County

Cannon Falls

Semcac Senior Dining

Goodhue

Doc Sawyers

Pine Island

Pine Haven Care Center

Wanamingo

Semcac Senior Dining

Zumbrota

Semcac Senior Dining

Rice County

Faribault

District One Hospital

Morristown

Semcac and District One

Wabasha County

Kellogg

Semcac Senior Dining

Mazeppa

WD's Bar and Grill

Millville area

Millville Cafe

Wabasha

Semcac Senior Dining



Meals-On-Wheels Volunteers Thank you!

None of the Meals-On-Wheels programs could exist without volunteers picking up and delivering meals. Whether you volunteer for a private program (Northfield, Red Wing, Lake City, Kenyon) or for a Three Rivers CAP program (see towns on the left) you are appreciated!

A huge thank you goes to the volunteers who helped out during the summer months in Faribault! We depend on a lot of local groups (clubs and churches) for our meal delivery and some of these groups take a "leave" during the summer months. There were quite a few times we had to call you the morning of the delivery and ask you to help us, and you always jumped to the occasion. We are having a difficult time recruiting enough volunteers in Wabasha. Our staff Volunteer Coordinators, Karla Rodriguez in Faribault and Robyn Meixner in Wabasha are looking at new ideas to encourage volunteerism. Please call us if you can volunteer!

Our small towns are also amazing. People in Wanamingo have stepped up—we have a new Volunteer Coordinator, Amy Tudor, and the volunteers have been trouper while we have changed the system there. Our Volunteer Coordinator, Donna Hinrichs, wins for serving the longest—she's been recruiting and organizing volunteers in Zumbrota for over 25 years! Goodhue continues to be a very reliable community of volunteers with Mary Ellen Redding at the helm coordinating schedules, recruiting and managing reminders. Zonda Befort has kept things rolling exceptionally well in Mazeppa. Les Smoker, along with the Semcac's dining manager Kate Heins, makes sure meals always get delivered in Kellogg.

We are grateful to have partnerships with Shepherd's Center of Cannon Valley and Pine Island Area Home Services who find not only volunteers for Meals-On-Wheels, but for many other valuable services for local seniors.

"Blizzard Bags"

We are already preparing for the 2010-2011 snow season! Three Rivers plans to provide all Meals-On-Wheels recipients with a Blizzard Bag free of charge in late fall of 2010. Blizzard Bags contain a shelf or freezer-safe meal for days that inclement weather may disrupt meal delivery. Please listen to your local radio or TV station to see if the public schools are closed due to weather. If schools are closed for the day, meal delivery will not happen. We request that you store your Blizzard Bag either in your cupboard or in the freezer for a inevitable snow event. In the event that you do not need the blizzard bag to replace a meal that is not delivered, for safety purposes, enjoy your meal in the evening or on a weekend before March 15th.

What homecare really does for you?

Do you enjoy doing things for yourself and don't want to depend on strangers for help in your home?

You are not alone. I have found most people are very reluctant to have persons they do not know cooking food, doing laundry, or helping with personal care in their homes. Starting to get help in your home is a big change and getting used to it takes some time.

I've learned from many older adults that using homecare frees up time and energy for things that are enjoyable. One client with chronic back pain stated to me that she is now spending a little time gardening instead of hurting her back doing the laundry.

There are agencies in our area who have staff to help with a variety of needs.

If you want help with the following, ask for a homemaking assistance:

- cleaning
- laundry
- meal preparation
- companionship

If you want help with more personal needs ask for Home Health Aide assistances:

- caring for a spouse while you are gone
- bathing, dressing, grooming, \
- escorting you to appointments
- reminding you to take medication
- exercising

Call Pat or Carla with questions or for discussions about homecare!

If you have been in the hospital, Medicare may pay for home care, physical therapy, physical or occupational therapy in your home. Also, if you need a physical aid such as a walker, have your doctor write up a prescription.

Food safety during the holiday

Q: Is EGGNOG safe to drink?

A: Yes, as long as the dairy products are pasteurized. The eggnog you purchase in the store is commercially packaged and therefore pasteurized. Be sure to store your eggnog in the refrigerator and not in your porch or garage as the changes in temperature can cause it to be unsafe. When making your own eggnog it is recommended you follow the recipe closely. During the aging process if it starts to bubble, undergoes a rapid color change, or gets a sour smell, throw it out!

Q: How long can I keep leftovers?

A: No more than 3-5 days. According to Mark Pearson, Chef at Northfield Retirement Community, leftovers should be stored in glass containers (not plastic) and sealed tightly. They should be placed in the refrigerator and reheated only once.

Having Trouble Swallowing your Pills?

By Carla Pearson

I've had many years of listening to speech language pathologists teaching older adults how to better swallow their pills. Here is a technique called the "chin tuck":

1. Place one pill on your tongue
2. Put water in your mouth
3. Tuck your chin down towards your throat
4. Swallow!

These tips may help you swallow pills more easily. Discuss your swallowing problems with your doctor as you may have what's called a "stricture." This is a narrowing of the esophagus and it is correctable.



HOLIDAY RECIPES



Healthy Fruitcake

Here's a healthy fruitcake recipe - a delicious Christmas cake that contains nuts, natural dried fruit, no dyes, no preservatives, and no artificial flavors!

Ingredients:

- 2 cups walnuts or pecans, coarsely chopped
- ½ cup slivered almonds
- 3 cups raisins
- 1 ½ cups dried cranberries
- 1 ½ cups pitted prunes
- ¼ cup honey
- ¼ cup dry sherry (optional) or water
- 2 cups unbleached white flour
- ½ tsp salt
- ¼ tsp baking soda
- 1 tsp ground cinnamon
- 2 cups butter
- 1 ¼ cups dark brown sugar or cane sugar
- 4 eggs

Directions:

1. Preheat oven to 350F (180 C). Place bowl of water in bottom of oven. Line two 9x5x3 inch loaf pans with parchment paper - grease the paper generously.
2. Toast the nuts and chop the fruit. Mix them together in a large bowl. Whisk together the honey and sherry (heat the honey slightly to make it more liquid). Pour it over diced fruit and nuts and toss.
3. Mix together the dry ingredients.
4. Beat the butter and the sugar together until light and fluffy. Beat in the eggs, one at a time.
5. Add the dry ingredients, don't over mix. Work the fruit and nut mixture into the batter. Fill the loaf pans. Bake until the loaves are golden and spring back when lightly touched: 2 to 3 hours. Let the cake cool in the pans initially then turn onto wire racks to finish cooling. Enjoy!

Zucchini Latkes

Ingredients:

- 3 medium zucchini, shredded (about 4-1/2 cups)
- 1 teaspoon salt, *divided*
- 2 eggs, beaten
- 1 small onion, grated
- 1/4 cup matzo meal *or* dry bread crumbs
- 1/8 teaspoon pepper
- Vegetable oil for frying

Directions:

1. Wash zucchini and cut off ends, but do not peel.
2. Grate zucchini or shred in food processor.
3. In a large bowl, toss zucchini and 1/2 teaspoon salt; let stand for 10 minutes.
4. Squeeze zucchini dry.
5. Stir in the eggs, onion, matzo meal, pepper and remaining salt.
6. In a large skillet, heat oil over medium heat.
7. Drop batter by tablespoonfuls into oil; press lightly to flatten.
8. Fry for 2 minutes on each side or until golden brown.

Yield: 16 latkes

This recipe is a variation on the traditional latke recipe which uses potatoes instead of zucchini. These latkes are delicious served with sour cream, cottage cheese, or applesauce!

Latkes, also known as potato pancakes, are generally made around the Hanukkah season. Hanukkah, also known as the Festival of Lights, is a Jewish holiday which celebrates the fact that one day's worth of oil burned for eight days in the holy temple's menorah (a kind of candelabra) after the temple was destroyed by the Greek King, Antiochus. This is why many foods are cooked in oil during the Hanukkah season.

Healthy Living Hints from Tina

Special Nutrient Needs of Older Adults

Eating right and staying fit are important no matter what your age. As we get older our bodies have different needs, so certain nutrients become especially important for good health.

Calcium and Vitamin D

Older adults need more calcium and vitamin D to help maintain bone health. Have three servings of vitamin D-fortified low-fat or fat-free milk or yogurt each day. Other calcium-rich foods include fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Vitamin B12

Many people older than 50 do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or a registered dietitian if you need a vitamin B12 supplement. (*Tell your doctor if you are allergic to Colbalt.*)

Fiber

Eat more fiber-rich foods to help stay regular. Fiber also can help lower your risk for heart disease, control your weight and prevent type 2 diabetes. Eat whole-grain breads and cereals and more beans and peas. Fruits and vegetables also provide fiber.

Women require about 25 grams of fiber daily, and men need approximately 35 grams of fiber per day. Move gradually to a higher fiber intake.

Potassium

Increasing potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium. Also, select and prepare foods with little or no added salt. Keep sodium equal or less than calories (as a tip for selecting processed foods).

Know Your Fats

Foods that are low in saturated fats, trans fats and cholesterol help reduce your risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat. Limit trans fats to less than 2 grams daily.

Adapted from the American Dietetic Association website. Contributed by:

Christina Gapp, RD LD

tinagapp@gmail.com

Consultant Dietitian for Meals on Wheels
Three Rivers Community Action, Inc.

You may qualify for nutritional counseling with Tina. Give Carla or Pat a call and find out today.

Meals-On-Wheels! The Ideal Winter Gift



Gift Certificate



This certificate is worth \$ _____ for _____ # of meals
Meals-On-Wheels recipient _____
Town/City _____

Three Rivers
Community

A gift from

Sample

Mail with
Monthly
Donation

Authorized by _____

Meals On Wheels (Home Delivered Meals)
1414 North Star Drive, Zumbrota, MN 55992

Three Rivers Community Action, Inc.

Senior Programs

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